

DINNERLY



Chicken Katsu

with Japanese Rice and Wasabi Mayo



30 minutes



2 Servings

These chicken breasts in a golden, crispy crumb served with rice and pickled veggies are so delicious, the only sound at the table will be from lips smacking.

WHAT WE SEND

- 150g Japanese rice
- 2 carrots
- 80g radish
- 2 x 2.5g wasabi
- 40g panko breadcrumbs ¹
- 1 large free-range chicken breast fillet

WHAT YOU NEED

- 2 tbs white vinegar
- 1 tbs sugar
- 2 tbs mayonnaise ³
- 1½ tsp soy sauce ⁶
- 1 tbs vegetable oil
- 1 tbs olive oil

TOOLS

- small saucepan with lid
- julienne peeler
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

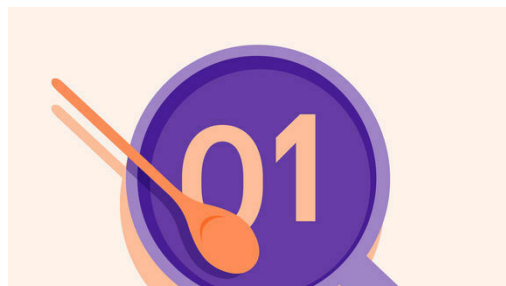
Due to supply shortages, we've substituted Japanese rice for the brown rice, pictured. Don't worry, the dish will be just as delicious!

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

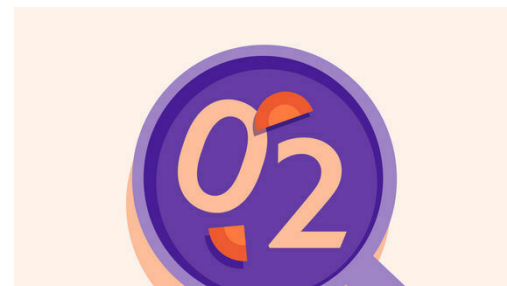
NUTRITION PER SERVING

Energy 900kcal, Fat 37.5g, Carbs 93.9g, Proteins 42.8g



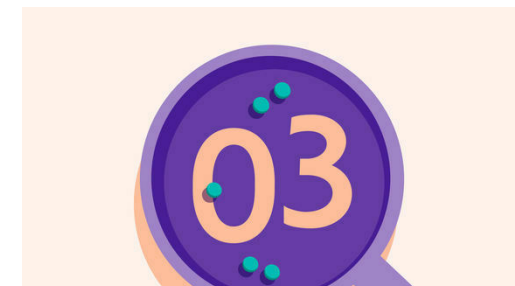
1. Cook rice

Rinse the **rice** (see Cooking tip) until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



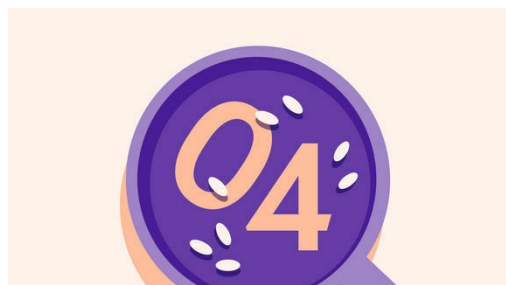
2. Pickle vegetables

Meanwhile, peel the **carrots**, then shred with a julienne peeler (see Kitchen hack). Thinly slice the **radish**. Put **2 tbs white vinegar**, **1 tbs sugar** and a **pinch of salt** in a large bowl and stir to dissolve. Add the carrot and radish and toss to combine. Set aside to pickle, tossing occasionally, until needed.



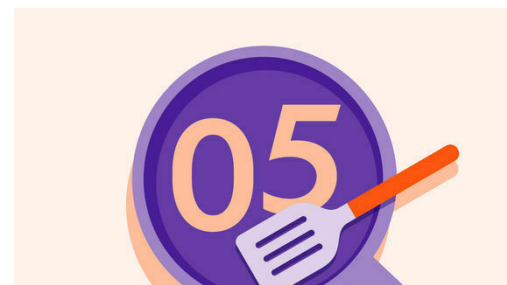
3. Crumb chicken

Meanwhile, combine the **wasabi**, **2 tbs mayonnaise** and **1½ tsp soy sauce** in a bowl. Put the **breadcrumbs** in a shallow bowl. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Brush **half the wasabi mayo** all over the chicken, then coat the chicken in the breadcrumbs.



4. Pan-fry chicken

Heat **1 tbs vegetable oil** in a medium frypan over medium heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan.



5. Serve up

Drain the **pickled vegetables**, discarding the pickling liquid. Divide the **rice**, **chicken katsu** and pickled vegetables among plates. Drizzle the **remaining wasabi mayo** over the chicken and season with **salt and pepper**. Enjoy!



6. Kitchen hack

If you don't have a julienne peeler, simply grate with a box grater or use a vegetable peeler to create thin ribbons.